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Michael Jones: Ok. All right.

S12: Ok.

MJ: Stomach problems.

S12: Tomato. Tomato. The tomato…It says here the juice is good to treat constipation. The root is used to bake.

MJ: Oh.

S12: Ok. I don't know that much about that, but I do know that it is good as an astringent to wash your face. When people like have a lot of pimples, and acne and stuff like that. It's very good to wash the face. Be wet. Ok. That I know, but this part about constipation I didn't know.

MJ: Your using the juice of it to do that.

S12: Yeah, yeah. You have to kind of like must wait. And with that juice, use it to wash your face. So when you have a very irritated face due to pimples and stuff like that. You just cleanse the face.

MJ: Ok.

S12: Ok. The torongil. Now the torongil, it's not grapefruit. Toronjil is different. It's a plant. It's a bush, while grape fruit is a tree. So, almost because the grapefruit tree is [Inaudible]. I mean because if you kill the root, then you kill off the toronjil. It's a plant. It's an herb. It's good, you know. You can take it for upset stomachs. You take it for upset stomach and take it also for upset nerves and you know people have upset [Inaudible] and stuff like that. You take an infusion, also. Ok. You take it also. Toronjil. Ok. The echinacea lives here. *Hierba dulce*, basil, *albahaca morada*, like that's purple basil. *Hierba buena*, mint. Mint and [Inaudible]. It's very interesting that all of these plants tend to deal with nerves. You use it for nerves and stuff like that. Soothing plants. Ok. It's a very bad combination. It's just that he is also using it for the stomach root, but also he uses for it, if the person is having a systemic [Inaudible] due to nervousness. You know what I mean? And he if he's nervous, you suffer from nerve condition. When you calm the nerves, then the stomach will follow. So, you know what I mean, that's probably the way he's using it.

MJ: Ok.

S12: Ok? The same with orange peel: is used against diarrhea and vomiting. All of those herbs on the orange peel are mostly known for their soothing properties. And of course, ability-again if they are, if there's too much condition that is related to herbs and stuff like that. They are related combinations to do it with. So, combinations to do bad-I know the combinations, except that when I use them I use them for the stomach even tough like I said, these can do that. Now if the stomach is linked to that, it can do it. Tamarind is, too. Tamarind relieves, but when you fall asleep, the tree closes its leaves. He is going to sleep. And, you have to cut the leaf before that. And is really, tamarind trees are really moody. [Inaudible] like that. But the truth is that after, when they place the leaves around three, they feel a little bit of sun. So, the middle week. You want to, you want to cut the leaves [Inaudible]. Before the sun has evaporated a lot of the essential oils and stuff. You know? And, so, by the middle of the week, you cut any leaf before mid-day. The earlier in the morning the better. Before the sun gets time to slumber. Ok? It's teas are used for constipation and also it's a diuretic. Very, very much it's used by diuretics and people who retain a lot of water. It's used especially by women when they start [Inaudible] with their pregnancy. They try to drink tamarind juice of tentatively weak concentrations. The tamarind is a really interesting tree because also you can work with the whole tree. You can use the wood, the fruit, the bark and the root.

MJ: Ok.

S12: The whole tree is useful. Ok.

MJ: So, how do you use the other-?

S12: Basically, you do the same thing. You boil it. The fruit is-if you have seen it, it comes like in a pod, with a very sour pulp. And you make it into juice, juices and stuff like that. Remove the bark and the root. You boil it or you grind it, especially [Inaudible].

MJ: Ok.

S12: Ok. The bark you can let it sit in water. And in your bath water.

MJ: Ok.

S12: And olive oil. It's an extensive [Inaudible] before, but not really [Inaudible] intensive olive oil. The only thing that is good here that we're going to talk about, he actually uses it for dishes. For [Inaudible] dishes. Knowing that how aloe vera is, I mean we're surprised that we can use it there, too. (Laughs). I mean, there's no place that aloe vera cannot be good for. (Laughs). That's going to be bad for me. *Hierba buena* or mint. [Inaudible] like for a depilative of the skin, to cure the pimples and skin eruptions. He talks about that he mixes it with rum and uses it as a poultice in open sores. And he says that after the third poultice, a little bit of poultice the sore will be cured. I don't know that with you. I know that mint is a very good plant for sleeplessness. I usually prescribe it with milk at the end of the day when the person is too tired for the day. With milk. Just to

relax and helps people go to sleep. It's not very common in the whole area, you know? You know that it can be used for skin eruptions and pimples and stuff like that.

MJ: [Inaudible]. Ok. Fine. Go to ready. Ok.

S12: So, for mint, *hierba buena*. Those are mutual uses. It can be used for baths, you know. It can be used for baths. It's considered one of the-a very important herb in the sleep category, you know. It's used in [Inaudible] practices.

MJ: For what particular-

S12: For cleansings, purifications, peace, quiet. You know that kind of-. It's a sleep herb. Usually used [Inaudible] herbs in two categories: strong, so strong. So, mint is one of the main three herbs.

MJ: And how is it employed? And how is it ministered?

S12: Usually it can be employed in teas, in baths. You boil it. You can boil it in water. You can take a bath with it. You can do floor washes with it. Really boiled. You can also [Inaudible] with your hands [Inaudible] in water and then strain it like that. A very common use, commonly use for mint is also to fill the lemonade. It's going to help the lemonade to help freshen faster. I mean, it's just a very good quality.

MJ: Ok.

S12: Vicaria we talked about before. That's the one I've been using effectively for eye problems in diabetics. That's vicaria. It says here that the root of the plant can be used to kill fever, and irritation, and the pain associated with skin irritations. Which makes sense because if you can use it for the [Inaudible] eyes to take away any kind of irritation and any kind of problems and to cleanse the eye basically, you know, you it will be a surprise if it can't be used to fix the skin. Vicaria [Inaudible] doesn't mean that you can't use it exclusively for eye problems.

MJ: Ok.

S12: Violet. Well, boil, in tea, infusion, from pains and aches. Also, works with orange blossom water and apply to the forehead for headaches. Very important, yeah. Good. [Inaudible], yeah, boiled. Yes, it's used for the liver, for problems with the liver. You [Inaudible] it. When you grind it with [Inaudible], but liquid. Ok? Helps people when they have problems to vomit and pass the stomach, you know. Very powerful. And also the same liquid, you grind it with the [Inaudible] pesto with oil, either olive oil like Lazaro [Inaudible] or mineral oil is good for definition. It strengthens the hair and ad-ds shine and luster to the hair. The [?] is a very much popular plant in Cuba. Very much used. They say it in songs. The root, yes, we use it for fake shoes in alcohol. We use fake shoes for universal aches. We use it for groin pains, associated with muscular strains and stuff like that. And it also helps people when some areas of the body become very

sensitive, hypersensitive like that. It is like, how do you call this? God, what's the name of it in English? You know, there are certain areas that become very sensitive to touch perhaps that-When you get these intense headaches?

MJ: Migraines?

S12: Migraine headaches. You apply, you know, you get a towel and go and apply it to the forehead and it is very, very effective. *Hierba mora* or *hierba de la mora,* either or. Ok, then, for ulcers, skin ulcers. And many felt that [Inaudible] for skin products because the Caribbean had a so many plants and people were running amok into so many plants. And people [Inaudible] all kinds of washes and stuff. So that we find that there's a lot of repetitive treatments for skins problems, and rashes, for allergic reactions of the skin, whatever. I mean this is a very recurrent theme because each ailment will have its own treatment for that. Especially at the countryside because you have people tilling the areas to plant or whatever, or just are allergic to a particular plant or a particular situation. Then you have to have all of these remedies available. So when you come from the field and you take a bath, you apply that because next thing you have to go back again.

MJ: Mh-h.

S12: So that's why you will see that many of these herbs have, the most popular ones, you'll find that there's a little skin thing. In Los Angeles, I find that again. And I find that in my practice, too.

MJ: Mh-h.

S12: Because of the same reason. People working in the field using pesticides, using all kinds of chemicals that they are not use to. Usually they are not protected. They're not protected. So, for example, they spread the fumes today and tomorrow morning, you go very early in the morning to work in the field. Then you have the pesticides. What are you going to do? So, you go to work, to collect grapes, strawberries and whatever. Your skin is exposed. You're going to damage your skin. At the end of they day, you are a little sore. So, again, you know. Many times the multiple skin [Inaudible] farm in my practice are mostly from field workers.
People who work in the field, who just don't know what is causing that. And they say, well, they didn't see the plants that they know cause the rashes in their native country, but before they didn't associate it with pesticides.

MJ: Sun.

S12: Something like that. Sore. The open sore that they are have been getting, and the itching that they were getting. They don't appreciate it. They hate that. Now after all those [Inaudible] Cesar Chavez and all these activists now people know that. Before they didn't. they say no. So, many people are taking steps to solve this by wearing a long sleeve shirt, but that is not enough protection because then you take the shirt and go home and put it with the rest of the clothes and something like that. And you don't know how

much of that was still in the air or will stay there [Inaudible]. So, you have all this advancement and people who are like, "Do this and apply this to the skin and wash the house with it." So, lets see. [Inaudible]. If you didn't add it to the [Inaudible]. Then as soon as you put back on the shirt that was used in the field, and there are residues, you are coming back. It will take considerably longer to solve the problem. I've never seen so many skin things. Skin prescriptions and plants because you usually if you have one, you have the other. Ok? And this is just the Caribbean. That's not counting the whole Central American and Mexican American lore. This is also believed about that in the situation. Ok?

MJ: Yeah.

S12: For *hierba mora*, we've diverted. Also, again, dandruff, yes. And again from the nerves [Inaudible]. And [Inaudible] is best to drink carefully [Inaudible] after the [Inaudible]. Yes. It's good for stomachaches, colics, you know, nervousness, depression. It's a very, very good herb. Also, it's very good to soothe the body and to be natural calmness. Let's call it like that. [Inaudible]. *Hierba de la niña* is like Cuban vernacular. To us, when you see the name Barbados, Barbados means-bardo in the Caribbean is a bucket.

MJ: Oh.

S12: So, you see *barbado* is because usually in the Caribbean you have cabbage. Not just the flame tired force. We take a bucket full of water. We get food there from the plants. We just throw it into the street. That's what a barbado is. [Inaudible]. It's a particular kind of cleansing. [Inaudible] whatever. You get a big whole pale of water and you take the bucket and just start throwing buckets of water onto the floor. And the rodents spill out into the street. So, that's what a *barbado* is. And *despojo* is a cleansing. It's a ritual cleansing that may or may not-we use to get it, but it says that here that the herb *hierba de la nina* can be used to clean a place and also, ritually, over a person. But at the same time you can boil it. Ok? You can boil it and you use it as a douche for vaginal douches and also on poultices. It can be used for all that applications and stuff like that. It's a very, very known herb in Cuba. *Hierba de la sangre* of blood. Every color has like a reddish sap. And this one is used to purify the blood. Even in the New Year they want to purify the blood. Even the people who do this. It's drinked in almost industrial quantities. Incolomine. That is meant to flood the system and this type of plant usually goes straight to relieve it. And when they do that, then it will purify the blood system. There is a condition in the Caribbean known as-the *la sangre pesada*. You know, heavy blood. It's usually when the blood is carrying a lot of impurities and the body is not able to, you know, to get rid of it. So, you have to take certain plants to purify the blood. So you should know of *sangre pesada* or *sangre sucia*, dirty blood. You have this-it always refers to the fact that the blood is carrying too many impurities. When you take this herb, what happens is that you usually, most of the time, you're going to help skin rash. And when the skin rash is gone, then it is because the body will first send all those impurities to the skin. Almost like osmosis. So if you do that, it also gives a body cleansing felt to the pores. For the debilitation, that is the signal that it is working. So it's all about all of

those impurities that are coming through the skin. And then after that, then it is ok. So as I said, it cleanses the blood from its own impurities. That's what it means. And after that and the body will just flush it out. Ok?

MJ: And you say that it goes to the liver?

S12: Yeah.

MJ: Ok.

S12: So, it's like I mean, this is the whole system and usually when you get this type of thing, you get some kind of rash and the body's [Inaudible]. Many times people will go to these places when it doesn't subside. Unless there's a first diagnosis, ok. So if it is not something that comes from the skin it's because the system is in need to be flushed and you know, [Inaudible].

MJ: Ok.

S12: *Hierba de platas*. Never heard of it. The wife of Jericho are said to be a dry herb [Inaudible] as they do to really help themselves. If you boil the leaf, like that of another, it is a-according to him to stop hemorrhaging. I don't know. I usually prescribe the water for kidney stones. It's very good for that.

MJ: And what does it do? Breaks it up-

S12: It breaks it up. It breaks it up. It brings it up. It makes it easier to get rid of it. But again the only problem with this type of thing is that it's better that you like take one day or week. I mean done. This is something that you have to take for longer than I told you before because you really have to saturate the system. And it's not a matter about doing it once. You have to take months at a time to saturate the system to see some kind of effect. And sage, you spill the bottom and shave the plant. It's a really hard plant. One that you can go out and use it, even for head injuries, yes. You use it-he cooks it for toothache. The rest he can chew on it. He can chew it and it will put the tooth to sleep. Ok.

MJ: Ok. [Inaudible]. First one, [Inaudible] I wouldn't mind giving it time and consideration. I could ask you about, too. Alcoholism. We've gotten two or three different ways to treat alcoholism and I don't remember if we have even talked about it. So, I'm asking you, what treatments do know that others use? What treatments you use.

S12: Ok. Alcoholism, it travels through the [Inaudible]. It came to me. Usually alcoholism is not a condition per se. It is a result of something. So, many times, people come to me for alcohol problems. First thing we're going to do is find out what drove the person to abuse alcohol. We have to remember, for example, that in the Caribbean, you know, rum is the industry. So, it's not like you can run away from it. But alcohol abuse can because of anything. So you have to find what's causing it. Is it a supernatural cause, or other causes? Is it caused by the influence by others? Or are you being social? You

know, trying to get an advancement? Or is it something deeper? Is it a way of dealing with situations or not dealing with the matter? So, when it comes to alcoholism, it's because it's different. You have to determine what is bringing that person to that abuse stage.

MJ: Ok. Now I'm going to ask a couple of questions. Now when you say some supernatural cause, what do you mean? Somebody who exercises sorcery?

S12: Yeah. It could either be sorcery. It could be anybody who is a sorcerer. It could by the person being afflicted by some kind of supernatural entity that is forcing him or her to abuse alcohol.

MJ: Ok. And that is not caused by accumulation-not an accumulation. A supernatural enemy that-

S12: Get's close to a person and then goes bad. It seems like the supernatural entity will take over, you know? So because you don't know what is causing it, you need to find out what it is because if the entity is causing a supernatural situation, nothing you do can cure until you get rid of that. And then is what we call-you have to, in this supernatural situation, then you have to deal with the supernatural situation and then proceed to heal the damage done to the body. That would be the desired [Inaudible] and would still be there because that doesn't go. So, then you start doing certain things. But usually, my experience in Los Angeles is that I see more supernatural influence and more-how do you say that they're not into circumstances?

MJ: Mh.

S12: [Inaudible]. You know, many of these people may come alone from their countries. Cock fighting they go and start drinking. And they drink from Friday to Sunday. And they get wasted, you know. And the reason is that-no one is telling them to do it-it's just a mean of passing time until you do the same routine of you know, grinding work conditions. They are, subhuman working conditions, stuff like that. So it's a way of forgetting, kind of like escaping. So, I saw more of that in Los Angeles than anywhere else for obvious reasons. You know there's no family support. There's no infrastructure and usually you get five or six individuals that come from the same place. Cock fighting, beer, whatever, drinking, drinking until Monday. So, is there anything that they can do? They can't go out because there's a situation were they don't have their papers and they don't have any kind of thing. They'll just get drunk at home. So, many times the father will leave them and then you have to address that. You have to address that. You have to usually address low self-esteem, also. Self-esteem is just one big completely built by alcohol in our community because you know, "It doesn't matter if I drink. Who cares after all? You know, next Monday I have to go and hit those fields. So, who cares if I like get with a big hangover? You know. I'll just get well during the week and then I just flat out just go again." You know what I mean? "I'll just do that, yeah." And many times, it's cultural. You know. The culture creates the need for people to do that, you know. In the

Caribbean especially, we have the day that we call "*Viernes Social*," "Social Friday." Which means work is over. There is a party. That means that if you go to a party you have to drink. So, when you have a community that suffers from self-esteem issues then you have a situation that moves on from alcohol then to drugs and on and on. So many of the people that drink in Los Angeles or anywhere, [you] realize that many of them have the same profile. You know. They are barely working, mid-wage, low living conditions, low self-esteem, usually alone most of the time. They get together. They have this guilt trip. They might find a woman here to get to [Inaudible], but have a wife back home. They have the guilt trip of you know, "Oh, my God." You know. "I am cheating. I am cheating, but what am I going to do?" So all of those that are going to negotiate, all those that you know already gives you culture, the way that you were brought up, you know, it produces alcohol. And many times you have to deal with that situation, you know. And then you have a disability. "What am I going to do if my wife finds out? Or if this one finds out that I have a wife back home?" I mean, it's a real problematic situation. And sometimes, you know, you are a practitioner. What you do is give '*consultas*.' Sometimes you become a shoulder that people come to cry because you're the only person that they can talk to and tell you because they can't tell anyone because if they tell their friends, you know, it does get around. So, usually when they come to the consultation room, the consultation becomes almost like a confessionary in that you sit down there and just listen. So, guys will diagnose their-not all of them like that-divination or whatever.

MJ: Divination of the what?

S12: Or a person tells you themselves, no? Usually [in] divination they tell you that there's a problem like that. Sometimes when you hit the nail on the head, then they will come and volunteer the rest of the information, you know what I mean? It can happen like that, too. Or else the volume of the [Inaudible] Latin America [Inaudible]. So says, "What can you do?" You have to consult. You already know that he's there because he's drinking. So, once you find out what everybody is there for, [it's] over alcoholism. Then what you do is, the same thing that is a treatment. Is this supernatural? It's supernatural, of course. If it is not, then you have to start dealing with the person and usually that gets very complicated because [if] it is supernatural and you have this idea that, "Ok, I was forced into this." Not like, "It's alright then. I'm in a panic with myself to get rid of it and pull myself up again." And then it's easier because then it's like, "It's like the devil made me do it." Well, you know that there's something external to you and it's not a matter of your own pride. It's like a matter, "I can get out of this." It is nice because of all of the social issues. Then you have even more complicated elements. And then you have to start providing alternatives. So, instead having to have to express drinking, they have to start to find a way of what else can we do to pull them away from their environment. Usually, it can take some involvement in the following factors: giving them some kind of religious background that they may or may not have. And then come the remedies that people have to use and the first thing that they use, use all of these plants that you know will purify the system and make the system expel. You know the need, the craving for alcohol. [Inaudible] but when you have to start a patient. "Drink this. Drink this." Usually you have a combination. I have a combination. Ritual and treatment helps. It works better because when the person is at home, he or she might take to cheat, but they know that in

a week, " I have to go see the *padrino*. Or it's at another time to go see the *padrino*. I don't do this there because I don't want to be busted." I don't do anything. In this case the practitioner becomes a psychologist, becomes the person who is the father that is not there. For example, I have a case that I am doing now of alcoholism. It's noticeable that it's a supernatural problem because the person is not a low wageworker. He has his own practice and business. He came to me because he was having marital problems. Marital problems are always linked to alcohol. So my root concern of the person, it came out, that this man, which is now in his late forties, was abused as a kid.

MJ: Oh.

S12: He was sexually abused and molested. So, now he's got a family and he doesn't feel that he is successful. He has his own business. He is successful. Good wife, nice family, nice place and stuff like that, yet his self-esteem is like below the ground. And now that he can negotiate and deal with his family and his job. I'm looking at it the wrong way. So, our proposal [Inaudible] doesn't work when I point to that [Inaudible] this person in his life. [Inaudible] remember? He never had any kind of relationship with her. Then he confided to me that this woman was, this older woman, he was a kid, still alive. But abused him sexually. So, of course, [Inaudible] this woman is pretty much is present, and is ruining his marriage. So, now we have to deal with the situation. So, the last time he went back to his hometown, I said, "Look, you have to confront this woman because you have to get it out of your system." Right? I write a prescription to it. So he went home and he confronted her. Blah, blah, blah. He came back and then I started treatment. Because to start the treatment effectively-this woman was still manipulating him. So, he's been much better. He's doing better. The alcohol is going to stop, I know it. But because sometimes you have to go beyond the biological sense. You have to see the things that are not apparent. So, you know, in that case then, to finish up, it's just this idea that- I mean after that, we started treatment with the herbs to flush the system of all those toxins and stuff like that. And then it would work.

MJ: Ok. What herbs do you use?

S12: I usually-my favorite one for this kind of thing, I'll tell you is [?] bark. It's very good. It purifies the body. It cleanses the body. I usually use it along side with aloe vera. Now a very aggressive treatment that should take more like a minimum of two times a day, you know. Were the bark has been soaked and then with aloe vera juice to help the body get rid of toxins. That's a big-so far, a very good [removal] after about-

MJ: Take three times a day?

S12: Minimum. Usually, minimum three times a day. Usually one month, one half month. Really, you have to flush the system. You have to wait and then another good thing to do that is the root of the maguey plant. It's very good.

MJ: How do you spell maguweui?

S12: M-A-G-U-W-E-U-I[1]. That's where we get the [Inaudible] from. The root of the magueweui, it will in that treatment, usually, it has been used successfully to treat alcoholism.

MJ: And you said the roots of the plant?

S12: The roots. Yeah.

MJ: And-

S12: And you boil it.

MJ: Well, that's a strong kind of [Inaudible]. For how long?

S12: Usually, I start with it. I usually start with a month and a half of drinking this combination. You know, every day a minimum of two times a day. A minimum of two times a day. A minimum of two times a day. Two times a day.

MJ: So, I drink all three of these at the same time or do I have to wait?

S12: Yeah. At the same time, yeah. And maguweui is bitter.

MJ: And not mixed together?

S12: No. You can mix them. You can mix them. You can even boil the maguweui and then serve the *palo graciela*[2] and then mix it with aloe vera. Then the maguweui will turn a little orange. Dark orange and same as the palo gracia. And then you mix in the aloe vera and then you drink it. And the maguey is just a very separate ingredient. And it's like, "Yuck." But it's very good.

MJ: Ok. So, let's do things. Ok.

S12: Yeah. That's the one I mostly use for this and again, you know, you have to turn to when it comes to any kind of condition. You have to turn to religion. You know, everyone will tell you that, but you have to consult first because one thing is that you go to a doctor. You might think that you have got [Inaudible] and it might not be that. That's your perception. It might be something else. So after, you go and have to listen to what they say, but you have to go by what the oracle says. And the oracle can be the shells, the cards, whatever the person used to diagnose because many times if you go by what the person says, they can be very wrong. So you have to really identity. But the alcoholism is a very big problem in our community. It's just one of the biggest problems especially because of those issues.

MJ: Among Latinos.

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[1] Unsure if spelling is correct.
[2] Unsure if it is '*palo graciela*' or '*palo brazil*.'

S12: Right.

MJ: Because of what issues?

S12: Because of the social conditions, they're [in] a situation where they're constrained in and stuff like that. And we have now in our community, for example, now I'm seeing that September 11, the paranoia because now the INS is saying that they are going after illegal immigrants. They're so paranoid. [Inaudible]. It's only natural because they want to go out. They want to go to the parks. They have to stay home. They have to be at home. And on and on. And what it is, is an escalation of a situation that, you know, that many of these individuals don't have the time, effort, playing to sit down and read a book. And there's only so much food they're going to eat. And then [Inaudible]. Alcohol convinces like that. It convinces the [Inaudible] of destructive behavior.

MJ: You mentioned also that you treat alcoholism with ritual.

S12: [Inaudible].

MJ: Would you like to describe some of those rituals?

S12: Oh, generally by bath, or exorcisms, it can be by cleansing plants, or cleansing with an egg like the liberation or the forest. It could be cleansings with a particular orisha or spirit. You know, there are many, many different that you can do.

(Phone Rings).

S12: A ritual, feeling of the head, you know, with coconut and stir on a coca bottle and [Inaudible].

Interview Pause

Interview Resumes

MJ: Here.

S12: Ok.

MJ: [Inaudible] what is necessary for you to treat alcoholism?

S12: Well, I, see one of the main problems that I find with, many persistent lacking, that they don't recognize the social aspects of alcoholism. That they fail to recognize the mimic characterizations of the supernatural causes of alcoholism. And if you know the supernatural causes accepted by the community and if the person knows that his or her alcoholism is created by supernatural causes, it's going to be a problem. Because then this is going to fail as it has been failing. Of course, you cannot expect the psychologist

or the professional to get into this ritual. [Inaudible] it would not be unusual in the Caribbean for a professional to advise people, like advising them. They will use the phrase like, "*¿Porque usted no busca ayuda?*" and "Why don't you look for help?" Now, normally a professional is a psychologist or a doctor. When the doctor or the physician is saying, "Why don't you look for help?" what they'll tell you is "Look for spiritists, look for *santeros*, look for a healer and then come back." Because it is understood that in many instances if the causes of this are supernatural the process will help you. My mother use to say when people, when I use to ask her when I was a young sheep if she had ever been to the doctor. And why do I always have to take a bath with herbs and plants before seeing, going to the doctor? She would always tell me the same thing. Because my chi doesn't see spirits. And that was the usual explanation. You go to the doctor and you take this bag because then he can see that he has seen is what chis. Don't say spirits. [Inaudible]. And that was always her answer that was coming from her. But she does the spirits and that's why I said if you assume that those are alcoholism problems of yours- it is a problem. It's a very physical problem with supernatural causes, yes, but you have to address that. You have to address it because otherwise won't help. Again it's mental problems and you feel that there's [a] supernatural problem, you have to do something. I mean, there's some asset in this community, either the priest, whatever because it needs to be done. It needs to be approached. And unfortunately, that doesn't happen. So, many times people will, on their own, try to deal with this and go to a *botanica, santero, spiritista,* [and] *curandero*. And in that sense it's like [Inaudible] *carrera* [Inaudible]. You know, there is this idea among the [Inaudible] that you have to go to the doctor and the medicine or the doctor will work better if you went to your *padrino*. But the medicine must be expensive and the more the better. So, its better expensive medicines. It will not work. So, so much for generics. [Inaudible]. So, this is the whole idea. This is the idea and this person [will] work without [Inaudible] of this idea, but I know. I put it together. The tradition of the vernacular practice most with the scientific practice. And that's what happens nowadays. Sometimes things happen and people say, "Hey, it's because he wasn't a good guy." Or they just keep quiet and they talk about them [Inaudible]. Usually people going to see the gynecologist or heart specialist, or cancer specialist before they go there done, they have it taken care of almost before surgery. You might have to insure that the doctor will see what they must see and not other things. And that-

MJ: Even if a person is very [Inaudible] he's prone to fatigue, prone to a particular that [Inaudible]. [Inaudible] feel that the person thinks the cause was supernatural. [Inaudible] you know, ask [if] the person found religion, got religion, became religious, participated in a religious activity, [Inaudible] had some kind of [Inaudible] alcohol.
S12: Oh, yes. Absolutely many times. They come to the religion because of the *curandero* or the *santero* because of the big crisis. No one cares because they feel well. This is not a religion of feeling well people, you know. You come here. You come to see me because you are feeling really bad and someone says, "Let me take you to my, padrino." And it is there. They just come back. Many people consider this themselves a good catholic, a good Mormon, [Inaudible] because remember Latin America and people do believe in things, even if some of them don't. Especially when it touches them or their loved ones. So if by spending X amounts of dollars on time, you would get a solution. It

won't hurt to try. So, he's doesn't know that he's spending a forty-seven buck difference. But that's what he does. So, many times like Pucero use to say that *Santeria* is the ICU of the American culture. He's right. American people will come to a *santero* because everything has failed. Now the thing is that [in] these communities there is a belief in the supernatural. Never mind if you believe in Santeria, if you believe in *spiritismo*, if you believe in [Inaudible], if you believe in anything, but the words in Spanish are: *el mal existe*. Evil does exist and if you depart from that affirmation. Right? That evil does exist. If you stem from that affirmation, then it means that there are people who work it and people who work against it. Your problem will be to find out who can bring this. You know I have many clients from the high end of the social strata that come to me because the people who work in their houses as maids or gardeners, they're going through a terrible situation and there is a huge-you know, "Do you know anything about this?" "I don't know, but I will take you to someone who can help you." So, usually it's the maid, the cook, the gardener, who will say, "I know where to take you." And they do. So, it's like it's a reverse that will happen. So, you establish a relationship, but if you assume that we can really accept us in any Cadbury that evil does not exist and there are workers. Because religion assumes that evil does exist. So if they need [Inaudible], you can go back to your priest or church and confess and do the whole religious thing. And that doesn't work. And it doesn't work to your satisfaction. Right? Then you go and notice that and you go to the worker here. Ok and then you go on and on and on. But you have already fulfilled [it]. "Yeah, because I went to church and that doesn't work." It's like you're justifying this step that just goes against the grain. And then one of the supernatural elements has been lifted or taken away. Like a miracle everything works because either the attitude, whatever. You feel much better about those medications. You feel much better. Sometimes, you know, change doctors. Get rid of it and get another one. And usually I find it's true. There is a communication problem with the doctor. So whatever he says won't bring results. So, take this medicine [Inaudible] feel better. So all these issues are part of what revolves it. So sometimes the oracle is just that map to solve this problem.

MJ: We're out of time. So, that'll be it for now.

S12: All right.

MJ: Thank you very much.

S12: God bless you.

Interview Ends